Their Food is Varied

262 It consists of beans, peas, and sweet potatoes. They cultivate
[241] a lot of sorghum, eleusine, and maize. In some areas one finds Caribbean cabbage or edible arum (amatcke), yam (ébikoro), squash and pumpkins, of which the people are fond. Among the mountain
[263] people, honey is also consumed in large quantities. Elsewhere, the Muhutu /sing. of Bahutu/ brings honey to the Mututsi /sing. of Batutsi/,
[272] who demands it as a due and uses it to make hydromel (inkangaza and intoramo), the favorite beverage of the nobles.

The banana, which the Munyarwanda /sing. of Banyarwanda/
[273] frequently mixes with his other foods, supplies him primarily with a beer that is in great demand (inzoga y'urwagwa).

263 The Banyarwanda, in order to lend taste and flavor to their everyday food and to their favorite dishes, add to them bitter plants or sour, tart fruits, which they cook along with them (1). Housewives

[824]

1. Among all these plants, issogi is the one most commonly used. The shrubs that bear the berries most valued for their bitter taste are intagashya and igitagarasoryo.

also use water containing a little potash /33/, which takes the place
258 of the missing salt. The Blacks draw this mediocre seasoning from
263 the ashes of plants that grow in the marshes (1). These grasses are

[824]

1. The natives call these grasses by the name of umuberanyi, umurago, and igikangaga. The ashes of the last-mentioned plant are most commonly used.

burned after being dried in the sun. The ashes are then collected in a large potsherd upon which the humble African salt makers pour pure

258 263 water, which overflows into a jar, carrying with it a few more or less soluble particles of this sooty dust. The liquid is preserved. The cooks pour a little into the cooking pot at every meal. Some families subsist on this humble vocation and trade with water which is not salted but which has an ashy taste.

Salt was indeed rare before the arrival of the Europeans. The great Batutsi chiefs were about the only ones able to obtain it.

This salt, collected by the Blacks in the marshes of Lake Edward, contained an amount of earth and sand at least equal to half its volume. It sold nevertheless for a very high price at native markets.

The salt from the Gottorp plant (not far from Kigoma) is now used by all social strata. It is highly valued by the Banyarwanda, who call it ulugera, a substantive derived from the verb kugera, which means "to penetrate," because, as they say, it goes all the way down to their stomachs thanks to its high quality and its tart and pungent flavor. One understands why formerly the Blacks, when deprived of salt, would seek out bitter herbs and sour fruits. Red pepper and [241] chives, which were imported fairly recently, have for this reason been a great success among the Blacks, who cultivate them in small plots near their huts. It is probably for the same reason that children show almost as much fondness for lemons as for oranges. /34/ A few years after the eruption referred to as that of the Ntsuro (December, 1911 and January, 1912), when the natives were able to approach the volcano safely, they began collecting salt mixed with large quantities of earth. The inhabitants of nearby villages spend most of their time collecting the indispensable substance. In order to rid the salt of its [415] impurities, people melt it in large wooden troughs full of water, which are called imivule or imizinga. The liquid is then removed to other troughs where it is exposed to the sun. The most skillful and enterprising workers allow the water to boil until it evaporates completely. The markets which are held north of Kivu are supplied with this salt, which sells as high as that of Gottorp in spite of its poor quality. It is less white, contains impurities, and always remains damp.

241 461 563 The Batwa, or Negrillos, do not farm much. They look down on field work.